



## Get Creative to Stay on the Move

Finding it hard to set aside the time to go to the gym? Keep putting off joining that exercise class. Good news! Participating in a variety of physical activities can improve your fitness and help you maintain your weight. The same creativity and planning that you use in other areas of your life will help you find ways to make your life more active. Here are some physical activity tips to try:

- ◆ **At work.** Grab a friend and go for a brisk walk during your morning or afternoon break or your lunch hour. Take the stairs instead of the elevator.
- ◆ **After work.** Walk up and down the sidelines or around the field at your child's baseball or soccer games.
- ◆ **On the weekend.** Take your family to the zoo or park.
- ◆ **While shopping.** Save time trying to find a close parking space and park further away.
- ◆ **On a rainy weekend.** Do active indoor chores that use your arms and legs like washing the windows, scrubbing the shower or organizing the closet.

The possibilities are endless and can help you make small steps towards a more active lifestyle. Not only will physical activity improve your body composition and weight, but also your attitude, ability to manage stress, and your self esteem. The good news is that it is not an all or nothing situation. **Any** activity is better than **no** activity. Whatever you choose to do... put on a smile and have fun doing it!!! For more information on ways to improve your health through physical activity, contact your local **Health and Wellness Center (HAWC)** or **Fitness Center**.

**Shape Your Future... Your Weigh!™**